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SOME UNUSUAL PARENTING CHALLENGES AWAIT WILL AND KATE PAGE 11

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Prayer gathering says: NO TO C-45

Chief Barry Kennedy of Carry the Kettle First Nation speaks at a rally in opposition to Bill C-45 on Sunday in front of the Saskatchewan Legislature. More on this story on page 2. JEFF MACKEY/METRO

Douglas file battle goes to top court

RCMP dossier. Lawyer for reporter says fight over intelligence file on ex-NDP leader is about 'the balance between history and security'

The Supreme Court of Canada is being asked to settle a seven-year battle to lift the shroud of secrecy over a decades-old intelligence dossier on socialist trailblazer Tommy Douglas.

Jim Bronskill, a reporter with The Canadian Press, is seeking leave to appeal the case to the country's highest court.

At stake is more than simply gaining access to the intelligence file compiled on the late Douglas, according to Bronskill's lawyer.

In essence, the top court is being asked to be the final arbiter on whether national security should trump the public's right to see historical documents.

"It is about the balance between history and security and when national security information can and should be withheld," Paul Champ said in an interview.

"Our simple position is that information that's gathered for intelligence or national security should not be hidden away from Canadians for all time. At some point, that information can and should become available to historians and journalists and the Canadian public so that we can better understand our history."

In 2005, Bronskill applied under the Access to Information Act to see the intelligence file compiled by the now-defunct RCMP Security Service on Douglas, a former Saskatchewan premier, father of medicare and first federal NDP leader.

The government initially released just more than 400 heavily censored pages from the 1,142-page file.

Bronskill won a Federal Court ruling last year ordering the government to release more documents, keeping in mind their historical value.

But that ruling was overturned in October by the Federal Court of Appeal.

THE CANADIAN PRESS

A peek into the dossier

Documents released thus far show the Mounties spied on Douglas from the late 1930s to shortly before his death in 1986.

- They attended his speeches and protests, analysed his writings, infiltrated private meetings at which he spoke, and eavesdropped on private conversations.
- They seemed particularly interested in Douglas's links to the peace movement and the Communist party.

Let it snow, let it snow

They're dreaming of a white Christmas: Heavy snowfalls across the province is 'money in the bank' for some in the agricultural sector PAGE 2

Bopha leaves devastation in Philippines

Hundreds of fishermen are reported missing a week after the typhoon hit PAGE 6

It takes two for B.C.'s Japandroids

Drummer/vocalist Dave Prowse tells Metro why being in a two-piece rocks PAGE 9

Your cookie jar runneth over

Cookie lovers rejoice, with recipes for cinnamon-honey oat drops, chocolate pepper sable and cardamom chocolate macadamia cookies PAGE 12

Hundreds of people voiced their displeasure over federal omnibus Bill C-45 in front of the Legislature in Regina on Sunday. JEFF MACKEY/METRO

First Nations work to stop Bill C-45

Growing opposition. Rally against omnibus bill draws hundreds on cold Sunday in Regina

JEFF MACKEY
jeff.mackey@metronews.ca

Approximately 200 people braved the cold to attend a Bill C-45 prayer gathering in front of the Legislature on Sunday.

The event was part of a growing opposition from First Nations communities against the second federal omnibus budget implementation bill.

The far-reaching bill includes changes to the Indian Act, the Navigable Waters Protection Act and the Fisheries Act, among others.

According to many First Nations groups these changes will have a drastic and negative affect on their communities and were proposed without proper consultation.

"We hope that Canadian society and the Saskatchewan public will stand with us and not let this happen," said Chief Barry Kennedy of Carry the Kettle First Nation.

The issue garnered national headlines on Dec. 4 when the Assembly of First Nations met in Ottawa to voice their displeasure with the bill.

"I am here because I think this is an important first step in showing Canada and Prime Minister Harper that we can't do this," said Kennedy on Sunday.

"He (Harper) needs to come and sit down with us (Chiefs) as leaders and consult with us."

The protesters at the Legislature on Sunday want Canadians to know that this is only the beginning of their opposition to the controversial omnibus bill.

Quoted

"This is just a prayer rally, but as we see the rallies to come, I think the disobedience will escalate, you will see crowds get much larger."

Chief Barry Kennedy of Carry the Kettle First Nation

Positive precipitation

Heavy snow is a plus for some farmers

Saskatchewan residents may be getting tired of heavy snowfalls across the province, but for some farmers, it's a welcomed sight.

In a previous interview with Metro, David Phillips, senior climatologist with Environment Canada, said the heavy dose of the white stuff is a positive for those in the agricultural sector.

"It's been really good news for farmers," said Phillips. "There was a lot of concern regarding from late summer into the fall about the lack of precipitation — so this is money in the bank for farmers and growers."

Norm Hall, president of the Agricultural Producers Association of Saskatchewan, says overall the heavy precipitation is a positive for grain-producers, but added it may pose problems in the eastern half of the province.

"In normal conditions, we need snow throughout the winter to replenish our water table and the sloughs. This past year, the west half of the province was dry earlier on — so they're more in normal conditions," said Hall. "You get areas in the east half of the province, who, yes, were a little drier throughout the summer — but we still have a large amount of water sitting on the land ... so we're not looking for a lot of snow this winter."

However, Hall explained later the heavy snow is more a positive than a negative.

"You can always seed around a slough, but once you're in a drought — it doesn't matter what you do, you're not going to get a crop. So water can always be a positive thing," he said.

MORGAN MODJESKI/METRO

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Pipeline. Docs show review was influenced by oil industry: Greenpeace

A review of pipeline safety commissioned by the Alberta government after a series of high-profile accidents was heavily influenced by industry and designed more to quiet public concern than improve the system, say Greenpeace campaigners.

They say documents obtained under Freedom of Information legislation suggest the terms of the review were OK'd in advance by pipeline company officials.

"There's a difference between talking to industry and asking for their approval," said Greenpeace energy spokesman Keith Stewart. "It looks like industry got to write the terms for this review."

But Energy Minister Ken Hughes said a meeting held between department staff and a broad array of pipeline industry representatives before the review was announced was to let them know he meant business.

"I called the meeting to convey a strong sense of urgency and a strong sense of reflection and investigation," said Hughes.

The report is expected later this month. No public input process has been determined, Hughes said. THE CANADIAN PRESS

Oil spills

The Alberta government asked for the technical safety review last summer following three pipeline-related spills.

- **Red Deer River.** In one of those spills, a Plains Midstream Canada pipeline leaked about 475,000 litres of oil into the Red Deer River, a major drinking water source for central Alberta.

Manitoba hogs. Chief vet to review footage of inhumane pig treatment

The office of Manitoba's chief veterinarian says it has received and will review footage of treatment of pigs at a hog farm that has sparked accusations of animal abuse.

Animal Health and Welfare Manager Terry Whiting says video footage taken at a Puratone Corp. pig farm in Arborg, Man., was received by the office Friday, but couldn't comment whether an investigation has been launched.

The footage shows pigs bleeding in metal cages from open wounds, pregnant pigs with distended, inflamed bellies and piglets being slammed down on the floor by staff.

The video was released online and to CTV's W5 by animal rights group Mercy For Animals Canada, which says it was shot by an undercover investigator this year.

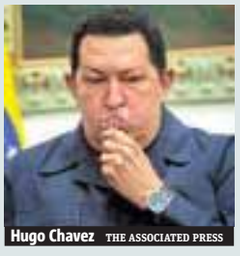
Neither Puratone or Maple Leaf Foods Inc., which bought Puratone last month, were immediately available for comment Sunday.

But Puratone Chief Executive Officer Ray Hildebrand provided a statement to W5 saying the company has launched an investigation.

"We are disturbed by some of the images shown in this video, which do not reflect our principles or our animal welfare policy and operating procedures," said the statement, posted on CTV's website. THE CANADIAN PRESS

Recurring illness

Chavez in Cuba for cancer treatment



Hugo Chavez THE ASSOCIATED PRESS

Venezuelan President Hugo Chavez was heading back to Cuba on Sunday for more cancer surgery after announcing that the illness returned despite two previous operations: chemotherapy and radiation treatment.

Chavez acknowledged the seriousness of his health situation in a televised address Saturday night, saying for the first time that if he suffers complications, Vice-President Nicolas Maduro should be elected as Venezuela's leader to continue his socialist movement.

The 58-year-old president is still scheduled to be sworn in for a new six-year term Jan. 10. He has been in office for nearly 14 years, since 1999. THE ASSOCIATED PRESS

Mandela in hospital as his party faces leadership crisis

Former South African President Nelson Mandela leaves a chapel after attending the funeral of his great-granddaughter Zenani Mandela in Johannesburg. South African President Jacob Zuma says that Mandela has been admitted to hospital in Pretoria to undergo tests. SIPHIWE SIBEKO/THE ASSOCIATED PRESS FILE

Fighting spirit. Former South African president, 94, has battled tuberculosis, prostate cancer

Inside a Catholic church that once served as a major rallying point for anti-apartheid activists, the image of a grey-suited Nelson Mandela appears in a stained-glass window that also features angels and the cross.

Worshippers here prayed Sunday for the hospitalized 94-year-old former president, who remains almost a secular saint and a father figure to many in South Africa, a nation of 50 million people that has Africa's top economy.

Mandela's admission to the hospital this weekend for unspecified medical tests sparked screaming newspaper headlines and ripples of fear in the public that the frail leader is fading further away.

And as his African National Congress political party stands ready to pick its leader, who likely will be the nation's next president, some believe governing party politicians have abandoned Mandela's integrity and magnanimity in a seemingly unending string of corruption scandals. That leaves many wondering who can lead the country the way the ailing Mandela once did.

On Saturday, the office of President Jacob Zuma announced Mandela had been admitted to a Pretoria hospital for medical tests and care that was "consistent for his age." Zuma visited Mandela on Sunday morning at the hospital and found the former leader to be "comfortable and in good care," presidential spokesman Mac Maharaj said in a statement. THE ASSOCIATED PRESS

Leading by example

"When you have someone that's willing to lead by example like he did, it makes things easier for people to follow."

Church-goer Thabile Manana

Clement doesn't want Christmas to be 'Grinched'

Treasury Board president Tony Clement says public servants want to be in the Christmas or Hanukkah spirit this time of year and should not feel they're offending anyone by decorating their offices with a little holiday cheer.

But for the 8,000 federal workers left on the chopping block, there might not be a reason to grab the tinsel.

Clement said in an interview with Metro Sunday that 11,000 positions have been cut from the budget as the government approaches its target of 19,000. Most of them were eliminated through attrition, he said.

Following a statement he issued Sunday reminding employees there are no guidelines against decorating their offices for the holidays, Clement told Metro he disagreed with the suggestion that some employees wouldn't be in the festive mood because of the budget cuts.

"The federal government (has) an excellent workplace for our employees and we believe in our employees, but we also are accountable to the taxpayer," said Clement. "I think everybody understands that."

Clement, sticking firmly on message, said people wanting to exercise their faith and political correctness should not trump holiday spirit.

"Our government will not allow the Christmas spirit to be Grinched," he said in the statement.

What prompted the statement, he said, was last year's "confusion" after Service Canada advised its workers in Quebec not to decorate offices in public display. Human Resources Minister Diane Finley swiftly reversed that directive.

As for his own office, he said you'll find some Christmas cards and a couple of "Santa things" on his desk. He also made sure to mention his "Tony's 12 Ties of Christmas" poll on his website before the interview ended.

JOE LOFARO/METRO IN OTTAWA

Treasury Board President Tony Clement appears — in a festive tie — in the House of Commons in Ottawa last week. ADRIAN WYLD/THE CANADIAN PRESS

Curious George

A monkey loose in IKEA in Toronto on Sunday. TWITTER

Monkey wearing diaper and coat found at IKEA

A North York IKEA store attracted an unorthodox customer Sunday afternoon.

Shoppers encountered a tiny monkey adorned in a shearling coat and diapers running around the store's upper parking garage around 2 p.m.

"It was just running around screaming," said shopper Bronwyn Page.

Security guards at IKEA eventually cornered the animal in the garage elevator and called police. Animal Services soon arrived at the store to pick up the tiny shopper.

The animal's owner contacted police later in the day and was reunited with their pet, police said.

TORSTAR NEWS SERVICE/THE CANADIAN PRESS

Winnipegger's new life includes happy children, bullet-riddled homes

Middle East. Young woman says both sides in conflict just want to live in peace

AMANDA THORSTEINSSON
For Metro in Winnipeg

For Emma Bergen, 19, the hardest part of visiting a Palestinian refugee camp is seeing the bullet holes piercing the walls and doors of the homes of the young children with whom she works.

"It didn't occur to me that anyone would shoot at a family's home," said Bergen. "It's disturbing to know the children and their families have lived through house invasions and violence, and to see proof of it permanently in their doors and walls.

"It shocks me, because if someone can do this to a family's home, where does it end?"

About a month after graduating from Westgate Mennonite Collegiate in Winnipeg this past June, Bergen moved with her family to Jerusalem.

Twice a week, Bergen leaves Jerusalem for Aida camp — a United Nations refugee camp in Bethlehem home to about 4,700 people squeezed into less than a square kilometre.

The camp has just one food-distribution centre, no health centres and a single school. With no streetlights and sporadic electricity, refugees spend their nights in the dark.

But for Bergen, a children's centre within the camp is a place she has found joy and acceptance.

"I bring supplies like chalk, pastels, pencil crayons and paint, and together with the children, we colour, draw and trace.

"I love to be in the atmosphere where the children can be children," she said. "I feel accepted by them, and it shows in the way they pull me over to their parents and introduce me in Arabic."

The children are third- and fourth-generation refugees who have never known life outside the camp. Israelis have settled land in the West Bank that the Palestinians claim as theirs.

But Bergen hasn't witnessed bitterness or hate in the children with whom she works.

"The children are joyful and full of acceptance. They love to play and make friends," she said.

The children's centre where Bergen volunteers is the product of Palestinian parents who realized that refugee-camp life was stealing away childhood from their young ones.

One thing that helps Bergen cope with what she witnesses in the camp is talking about her experiences with people on both sides of the fighting.

"There are a lot of Israelis who want a peaceful end to the conflict too," she said.

"I'm not even in this situation, and it gets me so angry. But they continue to strive for peace, and it's inspiring."

Emma Bergen, centre, at the children's centre in a Palestinian refugee camp, where she volunteers twice a week. HANDOUT/METRO

Quoted

"I've never heard a Palestinian person say they want to kick Israel off their land. They want to live together in peace."

Emma Bergen, 19, who recently moved to Jerusalem with her family

Commitment key to bridge West Bank barrier

Emma Bergen stands with Salah Ajarma, a founder of the children's centre, at the entrance to the refugee camp. HANDOUT/METRO

Joanna and Dan Bergen moved with their two daughters from Wolseley to Jerusalem to work with Mennonite Central Committee (MCC) in July. They have committed to stay for a three-year term.

The couple oversees MCC's peace-building programs between Israeli and Palestinian people and poverty-reduction programs in Gaza and the West Bank.

Dan is on leave from teaching high school in the Winnipeg School Division and Joanna previously worked as MCC's HIV-AIDS program co-ordinator.

The recent surge in violent conflict between Hamas and Israel hasn't made them regret their decision to move.

AMANDA THORSTEINSSON/FOR METRO

Hot zone

"The reality of working in Israel/Palestine is that things can 'flare up' at any time, and we knew that going in," said Joanna Bergen. "We don't feel any differently now than when we first agreed to live and work here."

All along the watchtower

Drawing the line

While there's joy and laughter in the children's centre, more menacing things reveal themselves.

"Sometimes when I ask the children to draw something, they draw the wall," said Emma Bergen.

The wall refers to the 670-kilometre-long barrier Israel began constructing in 2002 in and around the occupied West Bank.

The Israeli government said the wall is necessary to protect its citizens from Palestinian militants.

Palestinian friends tell Bergen the wall cuts them off from their farmland, water sources and family members.

It's something Bergen sees every day when she's at the camp. The wall, with a military watchtower overhead — is right outside the children's centre.

"You walk by and you know that you're being watched. You know someone is always looking down on you, and they think of you as a threat," she said.

"It feels demeaning."

AMANDA THORSTEINSSON/FOR METRO

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Typhoon's death toll rises as Filipinos pick up the pieces

Search and rescue. After the storm slammed into the Philippines, hundreds are reported killed, many still missing

Quoted

"We have declared them missing. Maybe they are still alive."

Benito Ramos, civil defence chief, on whether missing fishermen are still alive.

The number of people missing after a typhoon devastated parts of the southern Philippines jumped to nearly 900 after families and fishing companies reported losing contact with more than 300 fishermen at sea, officials said Sunday.

The fishermen from southern General Santos city and nearby Sarangani province left a few days before Typhoon Bopha hit the main southern island of Mindanao on Tuesday, triggering flash floods that killed more than 600, Civil Defence chief Benito Ramos said.

Ramos said the fishermen were headed to the Spratly Islands in the South China Sea and to the Pacific Ocean. He said there has been no contact from them for a week.

"We have declared them missing," he said. "Maybe they are still alive."

Ramos said they may have sought shelter on the many small islands in the Spratlys and the Celebes Sea, and lost battery power and have not been able to call.

He said the coast guard, navy and fishing vessels have launched a search.

After slamming into the southern Philippines, the typhoon moved out to sea but then veered back toward the country's northwest on Saturday, prompting worries of more devastation. As of late Sunday, however, it had begun to dissipate and weaken into a low pressure area as it moved farther into the South China Sea, about 105 kilometres west of the Philippines' Ilocos Norte province.

Rescuers continued searching for bodies or signs of life under tons of fallen trees and boulders in the worst-hit town of New Bataan, where rocks, mud and other rubble destroyed landmarks, making it doubly difficult to search places where houses once stood. **THE ASSOCIATED PRESS**

Residents affected by Typhoon Bopha crowd around as relief goods are distributed at New Bataan township, Compostela Valley, in the southern Philippines Sunday.
BULLIT MARQUEZ/THE ASSOCIATED PRESS

Radioactive materials being sold: Georgian officials

An undated photo from the Georgia Interior Ministry shows part of a seizure of radioactive substances. THE ASSOCIATED PRESS

On the gritty side of this casino resort town near the Turkish border, three men in a hotel suite gathered in secret to talk about a deal for radioactive material.

The Georgian seller offered cesium, a byproduct of nuclear reactors that terrorists can use to arm a dirty bomb with the power to kill. But one of the Turkish men, wearing a suit and casually smoking a cigarette, made clear he was after something even more dangerous: Uranium, the material for a nuclear bomb.

The would-be buyers agreed to take a photo of the four cylinders and see if their boss in Turkey was interested. They did not know police were watching through a hidden camera. As they got up to leave, the police rushed in and arrested the men, according to Georgian officials, who were present.

The encounter, which took place in April, reflected a fear shared by U.S. and Georgian officials: Despite years of effort and hundreds of millions of dollars spent in the fight against the illicit sale of nuclear contraband, the black market remains active in the countries around the former Soviet Union. The radioactive materials, mostly left over from the Cold War, include nuclear bomb-grade uranium and plutonium, and dirty-bomb isotopes like cesium and iridium.

The extent of the black market is unknown, but a steady stream of attempted sales of radioactive materials in recent years suggests smugglers have sometimes crossed borders undetected. Since the formation of a special nuclear police unit in 2005 with U.S. help and funding, 15 investigations have been launched in Georgia and dozens of people arrested. **THE ASSOCIATED PRESS**

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Edmonton

Hydrochloric acid leak leads to evacuation of industrial park

Fire crews evacuated an industrial park in north east Edmonton Sunday, following a large leak of hydrochloric acid.

Deputy fire Chief John Lamb said luckily the spill could be contained, but the evacuation was necessary because of the highly corrosive nature of the chemical.

"We have ensured there is minimal risk to the public and we are continuing to make sure the scene is stabilized," said Lamb.

Lamb said the chilling temperatures, down below minus 18 C, along with the lack of people in the area helped minimize the incident.

"It is a light industrial area and thank God it is Sunday; there are not a lot of folks working."

As of Sunday afternoon, crews had stopped the leak and were in the process of cleaning up.

RYAN TIMULTY/METRO IN EDMONTON

Snow

Blizzards blamed for at least 6 deaths in the Balkans

Freezing temperatures and heavy snowfall have killed at least six people and caused travel chaos across the Balkans, with rescue teams struggling to reach passengers stranded in buses and cars in Serbia on Sunday.

Officials said four people have died in Croatia and two in Serbia as a result of blizzards in the region of southwestern Europe over the weekend, closing airports and roads and blocking public transportation in big cities. **THE ASSOCIATED PRESS**

A woman reacts to the cold weather as she waits at a bus station in Belgrade, Serbia, Sunday.
DARKO VOJINOVIC/THE ASSOCIATED PRESS

War-crimes tribunal accuses Economist of hacking judge

Bangladesh. Inquiry asks news magazine to explain how it obtained emails and Skype discussions

Saturday's issue of The Economist
METRO

A Bangladesh war-crimes tribunal has accused the British magazine The Economist of hacking the computer of its presiding judge to record conversations and read emails he exchanged with a lawyer.

The magazine did not directly address the charges, but said it was in possession of conversations and documents that raised serious questions about the workings of the tribunal.

The tribunal is trying 10 opposition politicians on charges of arson, rape and other atrocities committed during the country's 1971 war of independence from Pakistan.

Bangladesh says that during the war, Pakistani troops, aided by their local collaborators, killed three million people and raped about 200,000 women.

In an order passed last week, the tribunal accused The Economist of computer hacking and asked it to explain how it got emails and heard Skype conversations between Presiding Judge Mohammed Nizamul Huq and Ahmed Ziauddin, a lawyer of Bangladeshi origin living in Brussels, Belgium.

In an article published Saturday, The Economist said it has heard 17 hours of recorded telephone conversations and seen over 230 emails between Huq and Ziauddin.

"These emails, if genuine, would indeed raise questions about the working of the court and we are bound to investigate them as fully as we can," the article said.

The Economist rejected the tribunal's demand that the emails and recorded conversations be returned to it without being published.

"This material is confidential and we are bound by law and the British press's Code of Conduct not to reveal such information except in matters of the most serious public interest. We did not solicit the material, nor pay for it, nor commit ourselves to publish it," it said.

THE ASSOCIATED PRESS

The power of Christmas

People gather to look at Christmas lights that adorn a house in Melksham, England, on Saturday. The lights have returned to the town after a two-year absence and have raised thousands of pounds for charity. The display, which is worth about $50,000, is thought to involve more than 100,000 bulbs. It takes a team of electricians five weeks to complete, and needs an up-rated electricity supply installed to cope with the additional power requirements. MATT CARDY/GETTY IMAGES

CRTC gets earful about cell contracts

Three-year contracts from cellphone companies should be banned, Canada's telecom regulator has been told in submissions to an online consultation.

Hundreds of people submitted their opinions to the Canadian Radio-television and Telecommunications Commission about a proposed code of conduct for the country's wireless industry.

The overwhelming majority who wrote to the CRTC over the two-week online-consultation period passionately voiced concerns about being "held hostage" by 36-month contracts.

"Get rid of the 36 months contract!!!," said one person on the CRTC's online forum. "It first started with 12 months, then 24 months, now the standard is 36 months, which is ridiculous!"

Those submitting opinions and suggestions to the forum were not required to post their names.

The first round of consultations, which closed this week, also heard several complaints about a lack of competition in the industry. THE CANADIAN PRESS

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THE ALLURE OF THE DRIVEN SNOW

URBAN COMPASS
Paul Sullivan
regina@metronews.ca

I guess it's what you're used to.

There's an Oklahoma-based tornado chaser named Reed Timmer who is in Saskatchewan to chase a blizzard on a snowmobile and stream the experience live on his website tornadovideos.net.

A blizzard, by the way, is defined as a storm featuring winds that exceed 56 kilometres an hour for longer than three hours, reducing visibility to less than 400 metres.

My first reaction to Timmer's Big Adventure was: So? You can just look out your window if you want to see such a thing.

A tornado, on the other hand, that's serious weather. One of those things can blow you to Munchkinland if you're not careful.

But Timmer, fearless in the face of a tornado, says he grew up in Michigan, so he's seen a few blizzards but nothing like the howlers we have here on the Canadian prairies.

A real howler

When we're kids, blizzards are the best things ever for two reasons: 1) Snow, which has many useful purposes, and 2) the most useful being that the wimpy adults shut down the schools and we can spend the whole day exploring snow's other useful purposes.

I was born in a late-winter blizzard in Winterpeg, and that was the beginning of a lifelong love-hate relationship.

When we're kids, blizzards are the best things ever for two reasons: 1) Snow, which has many useful purposes, and 2) the most useful being that the wimpy adults shut down the schools and we can spend the whole day exploring snow's other useful purposes.

Once we're driving, however, blizzards lose their lustre and become whiteouts. They're called "whiteouts" because your knuckles turn a deathly white as you grip the steering wheel in a grim attempt to stay on the road, wherever that is.

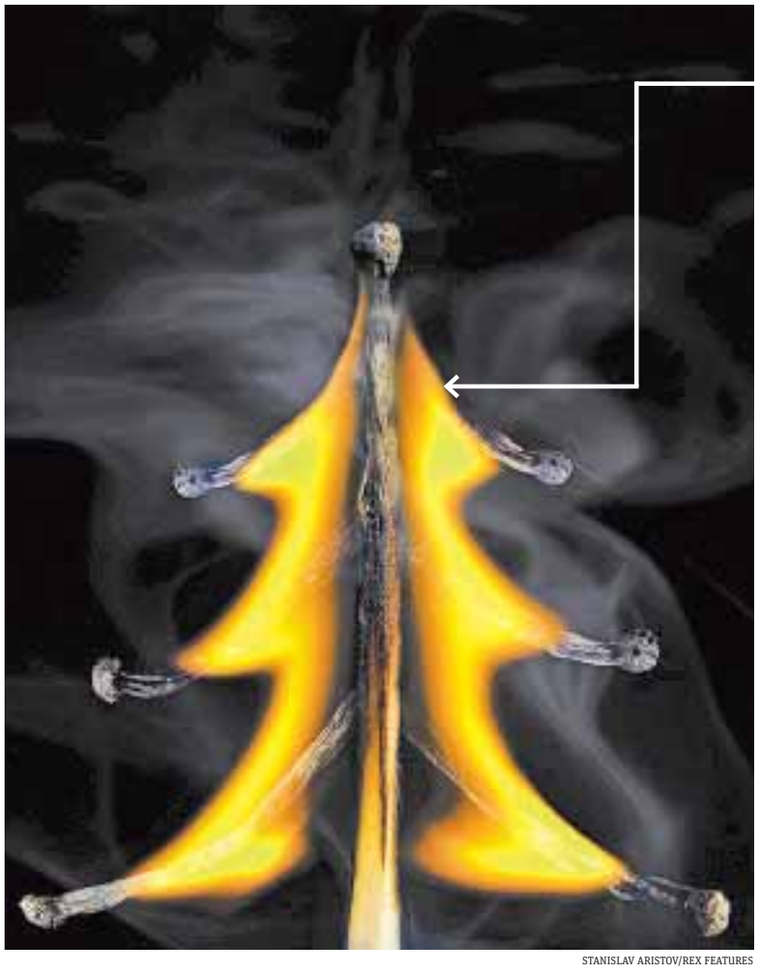
Then there's the frequent flyer blizzard, which seems to happen every week. It's defined as a prolonged stretch on the runway as your plane is de-iced, and once it's finished, it took so long, they have to do it all over again, and that takes another couple of hours before they cancel all flights and shut down the airport.

That said, I can recall one blizzard experience that is among the top 10 magical moments in my life. I was out cross-country skiing one day when the weather took a sudden turn for the worse. The wind picked up, the temperature plummeted and snow started to fall. I turned to head home, when a great shadow flew over my head and landed on a nearby fence post. It was a snowy owl, who might have been sizing me up as a candidate for dinner.

I guess I failed the assessment, so he flew off to the next post. I followed, and for the next couple of hours abandoned all common sense and accompanied this errant owl on his field trip through the blizzard, stopping at power poles and fence posts along the way, engaging in a staring contest. The owl blinked.

It started to get dark, so we said our goodbyes and I skied home, thinking to myself, now that was a snow day to remember. Not sure what the owl thought, but he was probably born in a blizzard, too.

The Christmas tree is on fire!



STANISLAV ARISTOV/REX FEATURES

Match art photography

This art is literally smoking hot

Some bright spark has set the art world alight and created this festive image using spent matches and fire.

Stanislav Aristov, 30, makes miniature sculptures like this one by bending the matches into the desired shape while they are burning and then, using a macro lens and studio flash, he takes the photograph. METRO

Artist's viewpoint

"There is burnt for the past, the smoke of memories left, and the untouched part of the match the future. The fire is the life."

Stanislav Aristov, 30, IT specialist and part-time artist from Ekaterinburg, Russia

Accidental beginnings

How he had his eureka moment

Like many ingenious creations, Aristov's art came about by accident. Unable to come up with an idea, Aristov struck a match before noticing the incredible patterns formed in the carbon of the used wood — and so match art was born.

"It was while I was watching the match trying to think of something that I began to think of how it represents life," Aristov said. METRO

Characteristics

Art produces 'very freakish forms'

For Aristov, the key characteristic of his match art is its unexpected shapes and composition, despite its use of a rather ordinary object.

"Matches, of course, are quite a usual object, but it turned out (they) can be presented in very unusual ways," the artist said.

"Fire, as well as smoke, sometimes swirls in very freakish forms, which bring very interesting associations." METRO

Match art in numbers

200

is the amount of camera shots Aristov sometimes requires in order to capture the perfect match art composition. Aristov's amazing images include a smoky butterfly, a dangling spider, a crawling lizard and a burning heart.

Facing extinction

Partridges in pear trees tough to find in Britain these days

Britain's Royal Society for Protection of Birds says the two icons of the Twelve Days of Christmas — grey partridges and turtledoves — are in alarming decline. It said authorities should act to prevent them from becoming just distant memories within the famed Christmas song.

The society says the number of partridges have dropped 30 per cent. Turtledoves are even worse off — with a 60 per cent decline in numbers. The society warns, at this rate, the turtledove will face extinction by the middle of the next decade.

Society spokesman Grahame Madge said that budget cuts by the British government and the European Union threaten farm programs that support wildlife like the birds. THE ASSOCIATED PRESS

Metropolitan Panel

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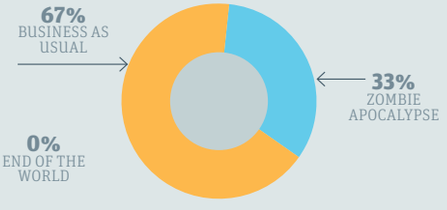
What's your prediction for Dec. 21, 2012?



Twitter

@pensezvous: Well at least it is a dry cold. -31 in #YQR this morning. #winter-wooliesrequired

@sallyjaybee: Hey #yqr peeps...anyone out skiing at #MissionRidge today? How's the snow?

@reginaskrad: Happy Hanukkah #saskatchewan #yqr

@edgytimes: Bill C-45 prayer gathering today at 12 noon at Sask Legislature. Come out and show your support . #yqr #skpoli #cdnpoli

@NicoleQuintal: So it's pretty much safe to say there is little to no road maintenance on the weekends in Sask. Highway 11 is icy. Again. #skpoli

@KrisKaisler: How is #yqr colder than Iqaluit?!? #brrrrrr

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Fewer members presents fewer problems for rising Japandroids

Celebration Rock. Electronic duo trying to adapt to playing bigger venues after successful new album

LUKE O'NEIL
Metro World News in Boston

Japandroids Dave Prowse and Brian King. HANDOUT

There's no question that electronic dance music has been the primary driving force in music for the past few years.

We would never be so misguided to set up some sort of oppositional binary between DJ culture and traditional rock music (because obviously both can exist peacefully). But if we had to, there's no question which band would go as the first pick in our hypothetical fantasy music draft: Japandroids.

The sound on their acclaimed second record, Celebration Rock, is the Platonic ideal of shouted basement-show punk vehemence, best exemplified by song-of-the-year candidate, The House That Heaven Built.

The Vancouver band's success has found them graduating from the smaller clubs from which their stage-dives and bro-hugs aesthetic was born into much larger rooms, on an exhaustive tour that will bring them for the first time to Australia, Korea and, of course, Japan.

"I feel like we live on the road," drummer and vocalist Dave Prowse says from Tampa, Fla.

"We just tend to tour pretty hard, and not really take a lot of breaks. ... I think because we were kind of a struggling local band for two years, as soon as we got the opportunity to tour and see a lot of places, we had a hard time saying no to anything."

In the early days, working as a duo made that sort of schedule a lot more feasible, he says.

"When we first started, it was us in a Ford explorer. It was a lot easier to make that work with two people. For a variety of reasons, being a two-piece makes logistics easier. Obviously the money, and the fact that there's only one other person you have to come to an agreement with. In a six-piece, it's probably harder to convince six people to go on (the) road for two years."

That doesn't mean that he and guitarist Brian King don't still have their share of disagreements, but having known each other for so long, Prowse says, they're on the same page about most things.

"The thing about being in a two-piece, you can't put anything to a vote, so if you disagree about something, you just have to figure it out. We have pretty similar ideas about lots of kind of trickier situations that bands have to make, with respect to things like licensing music for advertisements or something like that, which is a big thing for a lot of bands. But neither of us are interested in doing that, so it's easy to say no to that. ... Obviously, there are certain moments where we disagree, (but it's) usually about small stuff rather than big stuff, which is probably the reason we're still a band after seven years."

Titus Andronicus back Local Business

Latest record. With a lean, mean new album, Jersey punk band are bringing listeners up to speed while fighting negativity

PAT HEALY
Metro World News in Boston

With the first words that Patrick Stickles sings on Local Business, the recently released third album by Titus Andronicus, it would seem that the album would be over before it's even started.

"OK, I think by now we've established everything is inherently worthless," sings Stickles on opening track, Ecce Homo, before concluding, "there's nothing in the universe with any kind of objective purpose."

But the singer says this opening salvo is not as defeatist as it reads on paper, and that it's more about updating listeners just joining the program.

"I thought it would be a good way to start our discussion, and it was kind of a point that we belabored quite a lot in the first two records," says Stickles, "so you just get everybody up to speed and go on from there."

And where exactly can it go from there?

"Hopefully by the end, the hopeful element of it is a little more explicit," says Stickles, "in that in the void of meaning we are empowered to create meaning."

Hair today, gone tomorrow

• **Beard issue.** When Titus began rising to popularity, one of the visual elements that stood out most was Patrick Stickles' big, bushy beard. He shaved it after the tour for The Monitor, and he says he doesn't miss it. "I just was sick of it. I wanted to move on, live a life without it," he says. "Now I talk about it more, go figure."

It seems that Titus have created a lot of meaning with Local Business. The production is leaner and meaner and the lyrical content is more introspective than their last effort. This second feat was almost inevitable though, as Titus' 2010 album, The Monitor, was mostly about the Civil War. Local Business is also the band's first album where the lineup that recorded the songs is the same lineup that has been touring to support it. For the most part, Titus has been made up of Stickles, drummer Eric Harm and a revolving door of other players. Does Stickles feel like this lineup will be the one that's finally in it for the long haul?

"I felt that about all the bands, but it hasn't panned out like that," he says, almost cautiously. "But so far this one is going good."

Titus Andronicus' new album is called Local Business. PHOTO: KYLE DEAN REINFORD)

Jumanji on the loose again

Children of the '90s, prepare to get more excited than is acceptable while reading a gossip page: Jumanji — the Robin Williams classic in which a jungle board game comes to life — is getting a reboot. Zach Helm has signed on to write the remake, which will get "an update for the present," according to the Hollywood Reporter.

We fear this means the kids get iPhones and anxiety complexes. But for now, let's assume it means wild corgis in designer safari hats.

Robin Williams

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Swift affairs

Taylor Swift's romantic history is well-documented, but the singer admits she's no pro on the subject. Swift's blind spot is "how to make them last," she admits to the British edition of Cosmopolitan magazine. "I've never had a really long relationship, so I have no idea what that's like," she says.

Megan Fox and Brian Austin Green ALL PHOTOS GETTY IMAGES

Fox and Austin Green adapt to growing family

Megan Fox and husband Brian Austin Green are thrilled about the arrival of their two-month-old son, Noah, but not everyone in the household is so enthusiastic. "Kash is a little indifferent," Fox tells the Daily Mirror about her 10-year-old stepson, Kassius. "He's not experiencing any sort of jealousy or competitiveness, but he's not excited because he just wants to go play video games."

Catherine Zeta-Jones

Zeta-Jones doesn't want to talk about bipolar

Catherine Zeta-Jones is starting to regret opening up about her 2011 hospitalization for bipolar disorder. "You know what? I'm sick of talking about it because I never wanted to be the poster child for this," she says in an interview with Good Morning America. "I never wanted this to come out publicly. It came out, and I dealt with it in the best way I could, and that was just saying, 'Hey, I'm bipolar.' Everyone has things going on and we deal with them the best we can. We can't jump from the rooftops shouting, 'I have this, look at me. Victim.' No, we all have issues in life."

Twitter

@RebelWilson
Thanks for all the marriage proposals x

@kirstiealley
So I'm a b---- today.. what's wrong with being a b---- ?? It's not like I've stabbed anyone in their Moneymaker.....yet

@Rosie
Justin Bieber is Elvis - amazing last night @ jingle ball - didn't love the endless weenie grabs - but god he is angelic and beautiful

@SteveCarell
I'm thinking of starting a roadside assistance service for the desert. I will call it "Camel Tow"

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Royal baby makes three

Kate and Will. With the Internet buzzing about the Duchess of Cambridge's pregnancy, Metro's family columnist weighs in

IT'S ALL RELATIVE
Kathy Buckworth,
kathybuckworth.com

Let the baby bump watch begin. Kate and Will are expecting their first child. ALASTAIR GRANT/ THE ASSOCIATED PRESS

The announcement that royal couple Catherine and William are expecting their first child has many speculating how this baby and his or her famous parents will cope.

It can be hard for a normal, common family to adjust to family life. There are a few differences that spring immediately to mind when one thinks of a royal.

Like most new moms, much of Kate's hair will likely fall out during her first few postpartum months. However, unlike most new moms, she could potentially finance a small country with the money she would make by selling it on eBay.

Kate will have to decide what name goes best with the surname Wales.

Sadly, the name Hashtag has already been taken. Luckily, AtSign, DoubleBackSlash and Meme are all still available, should Kate and Will decide that Victoria, Elizabeth, George and Edward are too stuffy and old school.

Kate will have additional parenting challenges due to the fact that paradoxically her child, by virtue of being third in line for the throne, will technically be the boss of her.

Potty training days will bring new meaning to the term "sitting on the throne."

And while most babies are congratulated for speaking their first word, the first royal wave will also have to be rejoiced.

Come birthday time, likely Will Jr. asking for a pony will be a little redundant. But planning the party will be easy for Kate's side of the family, and uncle Harry's sure to be entertaining (and hopefully clothed).

For William, "Bring your child to work day," which doesn't typically happen until the child is 14, will need to be pre-planned now due to the security detail involved.

And there's really no point to Baby Wales taking daddy in for Career Day at school, as no other kid in the class will be able to aspire to have the "next in line for the throne" job.

Instead of sitting in line for hours to sign their child up for swimming lessons, Kate and Will will have to spend hours interviewing the royal swim instructor.

Likewise, the royal soccer coach, royal T-ball trainer and royal lice remover will also be interviewed.

Should their child get lice, they can force everyone around them to cut off their hair. This, history tells us, is a vast improvement over ordering a whole head to be cut off.

Good luck to you, Will and Kate.

KATHY BUCKWORTH IS AN AWARD WINNING WRITER. VISIT KATHYBUCKWORTH.COM OR FOLLOW KATHY ON TWITTER @KATHYBUCKWORTH

The name game

Think you know what Will and Kate should call the future heir to the throne? Let us know at metronews.ca

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LIFE 3

Spice up Santa's cookies with Cinnamon-Honey Oat Drops

Looking for classic, comforting flavours in a chewy, soft cookie? This is it. The recipe takes a basic oat drop-style cookie and adds the comforting, holiday flavours of cinnamon and honey. These cookies beg to go with tea, hot cocoa or even milk left for Santa on Christmas Eve.

This recipe makes 36 cookies. MATTHEW MEAD/ THE ASSOCIATED PRESS

Ingredients

- 1 cup (2 sticks) unsalted butter, room temperature
- 1 cup packed brown sugar
- 1/2 cup honey
- 1 tsp vanilla extract
- 4 eggs
- 2 1/4 cups all-purpose flour
- 1 tsp baking soda
- 1/2 tsp salt
- 1 1/2 tsp cinnamon, divided
- 2 1/2 cups old fashioned oats
- 1/4 cup granulated sugar

1. Heat oven to 350 F. Line 2 baking sheets with parchment paper.

2. In bowl, use electric mixer to beat butter, brown sugar, honey and vanilla. With mixer running, add eggs, one at a time, scraping the bowl in between additions.

3. Stir in flour, baking soda, salt and 1 teaspoon of the cinnamon. Stir in the oats.

4. Scoop by tablespoonful onto the prepared baking sheets, leaving 2 inches between each cookie. Using slightly moistened hand, flatten cookies until 1/2 inch thick.

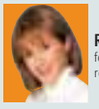
5. In bowl, stir granulated sugar and remaining 1/2 teaspoon of cinnamon. Sprinkle lightly over the top of each cookie.

6. Bake 10 minutes, or until no longer glossy and just starting to turn golden brown at the edges. Let cool on pan 10 minutes, then transfer to a rack to cool. Store in airtight container at room temperature for up to a week.

THE ASSOCIATED PRESS

Healthy eating

Choose it and lose it



ROSE REISMAN
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Longing for summer? Wendy' treats are creamy, delicious and will instantly transport you to warmer times. But be warned, they contain an overload of calories and sugar.

Wendy's Caramel Frosty Shake (Large)

1,000 calories / 154 g sugar
This beverage contains three quarters of a woman's daily calories and four times the daily sugar amount.

Equivalent

One large Wendy's caramel Frosty Shake is equivalent in sugar to 12 Boston cream donuts from Tim Hortons. It's close to consuming 40 teaspoons of sugar. The caramel sauce has the excess calories, fat and sugar — not to mention the whipped cream.

Wendy's Vanilla Frosty (Large)

570 calories/ 81 g sugar
Having half the calories makes a better choice, but only once in a while. This is still too many beverage calories to consume.

Kick from savoury seasoning

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Growing happy people with wholesome food!

This recipe makes 36 cookies. MATTHEW MEAD/ THE ASSOCIATED PRESS

We tend to think of black pepper as a savoury seasoning, but it also has a sweet side. No, pepper itself doesn't taste sweet, but its trademark bite does pair well with sweet ingredients.

So for this cookie, use black pepper in a richly sweet and buttery sable — the French cousin of more traditional shortbread cookies.

1. Heat oven to 350 F. Line 2 baking sheets with parchment paper.

2. In bowl, whisk flour, cocoa powder, pepper, baking soda.

3. In bowl, use electric mixer to beat butter, sugars, vanilla, salt. Add in dry mix to butter-sugar blend then mix until dough forms. Mix in chocolate chips.

4. Roll mix into 36 small balls and arrange on prepared baking sheets, leaving about 2 inches between them. Use flat-bottomed glass to gently flatten the cookies on baking sheet.

5. Bake 15 minutes, or until no longer wet looking. Cool on the pan for 5 minutes, then transfer to a rack to cool completely. Store in an airtight container at room temperature for up to a week.

THE ASSOCIATED PRESS

Ingredients

- 1 1/4 cups all-purpose flour
- 1/2 cup unsweetened cocoa powder
- 1 tsp freshly ground black pepper
- 1/2 tsp baking soda
- 12 tbsp (1 1/2 sticks) un salted butter, room temp
- 3/4 cup packed brown sugar
- 1/4 cup granulated sugar
- 1 tsp vanilla extract
- 1/4 tsp fine sea salt
- 1 cup finely chopped chocolate or mini chocolate chips

Cardamom Chocolate Macadamia Cookies

1. Heat oven to 350 F. Line 2 baking sheets with parchment paper.

2. In bowl, use electric mixer to beat butter, oil, brown sugar, baking soda, salt and cardamom. Add eggs, one at a time, beating between additions.

3. Stir in flour then chocolate chips and macadamia nuts. Scoop dough by tablespoonful onto prepared baking sheets, leaving 2 inches between cookies. Bake for 10-12 mins., or until light golden brown around edges.

4. Let cool on pan for 10 mins., then transfer to rack to finish cooling. Store in airtight container at room temperature for up to a week.

THE ASSOCIATED PRESS

Ingredients

- 1/2 cup (1 stick) unsalted butter, room temperature
- 1/2 cup canola oil
- 1 1/2 cups brown sugar
- 1/2 tsp baking soda
- 1/2 tsp salt
- 1/2 tsp ground cardamom
- 2 eggs
- 2 3/4 cups all-purpose flour
- 10-oz package mini chocolate chips
- 2 cups chopped toasted macadamia nuts

Cash in on these hot career choices: Advice that you can take to the bank

Profitable paths.
The working world is rough right now, but there are fields that can fill your wallet

YLVA VAN BUUREN
careerbear.com

Research budding industry and become a part of it. Check! ISTOCK

Looking to make a lot of money fast? There are some jobs where the sky is the limit for income, says financial expert Lesley Scorgie.

Scorgie is the author of two books: Rich by Thirty: A Young Adult's Guide to Financial Success, and Rich by Forty: A Young Couple's Guide to Building Net Worth. Check out her list of moola-making jobs:

Commercial sales rep
A commercial sales representative is someone who sells a product or service for a company.

There are commercial sales reps in many different industries and the most lucrative include health care (pharmaceuticals), real estate and the financial industry (brokers and bankers). "Really, the more you sell, the more you make." In terms of training, many companies will pay for sales training.

Caveat: You've got to have a sales personality, or it will be a flop.

IT services
IT services is a discipline for managing information technology systems.

"Folks are redesigning systems to control financial activities. Governance and management of those systems is turning into lucrative business."

Caveat: These positions are about rebuilding ineffective systems.

Upstart entrepreneur
High risk entrepreneurial ideas that capture trends in some way can be quite lucrative, quite quickly, says Scorgie. "We see lots of examples in the gaming and APP development world right now."

Caveat: The key is captivating the hearts of people so the product becomes a smash hit.

Oil and gas industry job
This is a broad category with a technical side (engineering, geophysics, geology, etc.) and a business development side (where you would find new opportunities for the sector. Water and sustainability initiatives are popular right now). "These positions are generally higher incomes to start, and you progress quickly."

Caveat: People make money when times are good, so it's important to make sure there are benefit plans that include long-term incentives.

Agent
An agent is someone who is authorized to represent another individual (an entertainer or baseball player, for example) who usually makes a lot of money themselves.

The job entails negotiating contracts and terms, and having contacts in the industry.

Caveat: Financial success is usually tied into the sales side of things.

The great web of work

- Career Bear is Canada's premier source for people who want a new career, but aren't sure where to start.
- Visitors to the website can browse careers by industry, salary, outlook or alphabetical listing and find job profiles, quick career facts and training programs near them.

The In-Credibility Factor

Name: Dr. Jonathan DellaVedova
City: Hamilton, ON
Age: 28
Occupation: Doctor specializing in pediatric medicine

THE IN-CREDIBILITY FACTOR
Teresa Kruze
life@metronews.ca

Dr. DellaVedova (or Dr. DVD as he's referred to by his young patients) always thought he'd be a teacher. On a whim he applied to medical school and has not looked back since. He is currently in his fourth and final year of residency in general pediatrics at McMaster Children's Hospital in Hamilton. In the summer of 2013, he will return to his home town of Sault St. Marie, where he has accepted a job as a community pediatrician.

I knew I was on my way when ... I attended my first delivery of a baby. I was a first year medical student and I was working with an obstetrician that was a total grouch. He let me catch the baby even though I had no clue what I was doing. When that baby cried, I was so over the moon and I think I was more excited than the actual parents. I was so grateful to the doctor and the parents for letting me be a part of that moment. That's the feeling I try to remember when I get woken up a dozen times a night to attend deliveries and bring a new life into the world.

Do it for yourself, but do it for them, too
There's an enormous amount of commitment and effort that goes into medical training, but you can't get to the first day of medical school or the last day of residency alone. Your family raised you, your teachers taught you, your friends and your partner supported you on the days you were so overwhelmed and sleep deprived that you wanted to quit. The people in your life invest in you because they want to see you succeed, so make it happen.

Pay it forward
The more skills and qualifications you get, the more opportunities will pile up and the more you will find yourself saying, 'No'. But never turn down an audience with aspiring young people or an opportunity to teach. Some day they may be your doctor, nurse, mechanic or food safety inspector.

Pour yourself into this biz

Vineyard venture.
Do you have what it grapes to uncork a bold new career?

Growing grapes can be a rewarding pursuit. They're appealing to the eye, pleasing to the palate, a profitable sideline and a reason for parties and neighbourhood togetherness. It's no wonder so many vineyards are cropping up in people's yards.

"The idea of having a landscape that produces something is one of the attractive issues," said Tom Powers, a winemaker who has designed and installed more than 100 small vineyards, mainly around the Alhambra Valley of Contra Costa County, Calif., near where he lives.

"The other thing is the lifestyle of being in wine country is attractive to people and they want to be a part of it."

Property owners often install vineyards when renovating unsightly or underutilized land, said Powers, author of The Organic Backyard Vineyard.

"It's less expensive to do grapes than traditional landscaping like shrubs and flowers from an investment viewpoint," he said. "The trade-out is that you have to put in more maintenance time."

Make no mistake: Vineyards require attention. Rootstocks must be chosen, the soil prepared, trellises and fences built, vines pruned, canopy leaves thinned, nets strung to discourage predators, grape clusters harvested and processed. But the work can be worth it economically. Grape growers from New York to California profit by selling their crops to hobbyists or to wineries that don't have enough tonnage to meet production demands. Other growers, including those who grow table grapes, enjoy exceptional flavours from fruit seldom found in markets.

Wines and dimes

"It's less expensive to do grapes than traditional landscaping like shrubs and flowers from an investment viewpoint."
Tom Powers
Winemaker

The small acreage required for a vineyard can generate surprisingly high earnings. "Up to $3,000 to $7,000 per acre in gross returns," according to the Upper Shore Regional Council in Chestertown, Md.

Grapes also are a smart environmental choice given their modest water and fertilizer requirements, plus low soil runoff, the council said. It doesn't take many vines to start a rewarding grape-growing venture. "A 100-foot row of vines can yield up to 175 bottles of wine," Powers said. "With a one-acre vineyard, you could make more than 5,000 bottles."

A mild climate is not required for growing grapes. Many varieties can be grown anywhere there is an ample amount of sun and an abundance of nutrient-rich, well-drained soil.

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Grieving Cowboys gut out close win

NFL. Dallas plays a day after learning one teammate was killed and another arrested following a car crash

Dallas Cowboys quarterback Tony Romo leaves the field after the Cowboys defeated the Cincinnati Bengals 20-19 on Sunday in Cincinnati. MICHAEL KEATING/THE ASSOCIATED PRESS

Numb. Grieving. Distracted. The Cowboys were all those things on Sunday, dealing with the death of one teammate and the tribulations of another.

Winners, too, though they hardly felt like it.

Dan Bailey kicked a 40-yard field goal as time ran out, sending the Cowboys to a 20-19 victory over the Cincinnati Bengals that ended a tough afternoon with a little bit of relief and their playoff chances enhanced.

Didn't last long, though. There will be a lot more emotional days ahead in Dallas.

"It's a hard, hard situation we're in," quarterback Tony Romo said. "There's no playbook for this sort of thing in life."

The Cowboys overcame a nine-point deficit in the closing minutes behind Romo, who held his hand over his heart during a moment of silence to honour teammate Jerry Brown before the kickoff. The linebacker died in a car accident early Saturday.

Defensive lineman Josh Brent, who was driving, was still jailed in Texas on Sunday, charged with intoxication manslaughter.

The Cowboys (7-6) learned about Brown's death on their flight to Cincinnati on Saturday. Coach Jason Garrett told his team that the best way to honour him was to play well in a game with playoff implications for both teams.

One of the visitors' metal lockers at Paul Brown Stadium had a strip of white athletic tape with "53 JERRY BROWN" attached to the top and a wooden stool inside sitting upside-down. Brown's No. 53 jersey was on the sideline during the game — defensive tackle Jason Hatcher held it up after Bailey's kick decided it.

It wasn't much of a celebration by an emotionally spent team.

Players couldn't keep the tragedy out of their thoughts during the game, finding their minds wandering on the bench.

Owner Jerry Jones described his team as grieving when it took the field. It was the second consecutive week that an NFL team was playing a day after losing a teammate. Kansas City beat Carolina 27-21 one day after linebacker Jovan Belcher shot his girlfriend at their home before driving to the Chiefs' practice complex and shooting himself.

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Quoted

"I don't remember crying this much other than maybe the day I was born."

Dallas Cowboys defensive lineman Marcus Spears on the emotional toll of playing after learning of the death of one teammate and arrest of another following an auto accident.

MLB

Phillies pick up all-star Young

The Philadelphia Phillies have acquired seven-time all-star infielder Michael Young from the Texas Rangers for two relief pitchers.

The deal was announced Sunday, a day after Young agreed to waive his no-trade clause.

Michael Young
GETTY IMAGES

The Phillies are sending right-hander Josh Lindblom and minor league righty Lisalverto Bonilla to the Rangers to get Young, who fills a void at third base.

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Lockout

Hockey talks may resume this week

The NHL and the locked-out players' association are talking again, and a return to the bargaining table could happen soon.

After a few days to cool off following an epic collapse in negotiations, the league and the union have been in touch in an attempt to restart conversations that could save the season.

"Trying to set up something for this week, but nothing finalized yet," NHL deputy commissioner Bill Daly wrote Sunday in an email to The Associated Press.

Negotiations broke down Thursday night after three straight days of talks in New York. Moments after players' association executive director Donald Fehr said he believed the sides were closing in on a deal to end the lockout, he was back at the podium to announce the NHL had rejected the union's latest offer.

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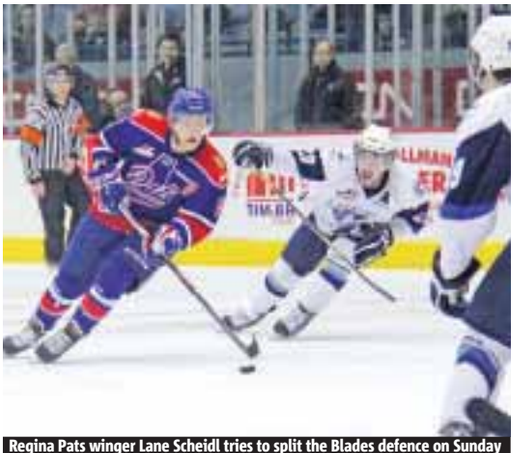


Regina Pats winger Lane Scheidl tries to split the Blades defence on Sunday at the Brandt Centre. JEFF MACKEY/METRO

Pats pasted by Blades for second-straight day

Brenden Walker scored twice and added two assists as the Saskatoon Blades crushed the host Regina Pats 7-0 on Sunday afternoon in Western Hockey League play.

It was the second time in as many days that the Blades had full control as they blanked the Pats 9-0 on Saturday in Saskatoon.

Matej Stransky and Josh Nicholls also scored twice for the Blades (15-14-1) while Shane McColgan had a goal and an assist. Adam Kambeitz chipped in with three assists.

Sunday's game

Blades	Pats
7	0

Jack Rodewald was a team-worst minus-5 for the Pats (11-18-4), who are winless in seven-straight outings.

Andrey Makarov made 22 saves for his league-leading fourth shutout of the season as Matt Hewitt picked up the loss after allowing five goals on 31 shots before being pulled midway through the second period. Teagan Sacher stopped 12 of 14 shots in 29 minutes of relief.

Saskatoon went 1 for 7 on the power play while Regina failed to score on five chances with the man advantage.

THE CANADIAN PRESS

Horoscopes

♈ Aries
March 21 - April 20
Stay focused on your long-term ambitions this week. Ignore all those interesting but unproductive activities that eat into your time and energy but bring no return. What is your number one goal? Go straight for it.

♉ Taurus
April 21 - May 21
An upheaval or setback that took place last week may have knocked you out of your stride a bit but you will soon recover. Taurus is a wonderfully resilient sign and you will easily outlast those who oppose you.

♊ Gemini
May 22 - June 21
There is a heightened sense of urgency about your activities now and that's good because a lot will happen over the next few days and you will have to move fast to keep up with events. Better still, get ahead of them.

♋ Cancer
June 22 - July 23
The best way to further your aims is to help partners and colleagues further their own. The more you help other people now the more they will help you later in the week. You can't do it all on your own.

♌ Leo
July 24 - Aug. 23
You need to get serious about certain issues over the next few days. You have been a bit too easygoing of late and some people are beginning to think you cannot be trusted. Go out of your way to prove them wrong.

♍ Virgo
Aug. 24 - Sept. 23
Make sure you get plenty of rest today because you are going to be very busy come Wednesday and Thursday. You don't have to start the week at a run: start slowly and build up to a pace you feel comfortable with.

♎ Libra
Sept. 24 - Oct. 23
The planets want you to go out and have fun. The planets want to see you enjoy yourself. At this time of year the Sun in the daring sign of Sagittarius gives you the perfect excuse – not that you really need one.

♏ Scorpio
Oct. 2 04 - Nov. 22
Some kind of breakthrough is on the cards for the next few days, most likely of a financial nature. You may have to give up one thing to gain another but on balance you will come out on top in the deal.

♐ Sagittarius
Nov. 23 - Dec. 21
You will get the chance to do something different today, something out of the ordinary and maybe even a bit outrageous. You enjoy seeing how far you can push your luck, so push away.

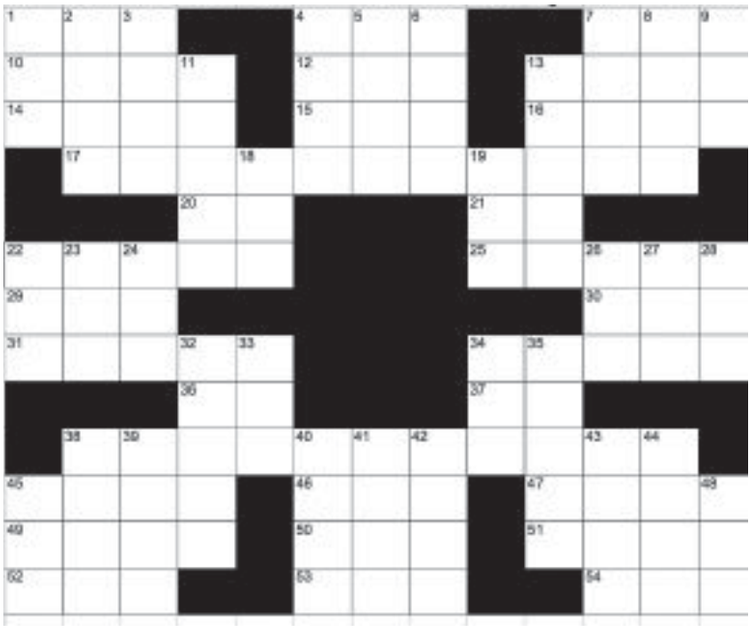
♑ Capricorn
Dec. 22 - Jan. 20
Make a list of all the things you would like to change in your life, because you will soon get the opportunity to make them happen. Even if you like things pretty much as they are some things can still be better.

♒ Aquarius
Jan. 21 - Feb. 19
What you most need to realize today is that if you think lucky you are more likely to be lucky. That's not new age mumbo-jumbo: like attracts like and a positive attitude really does make good things happen.

♓ Pisces
Feb. 20 - March 20
You may not understand why a friend or family member is behaving the way they are but if you are wise you will let them get on with it. The planets suggest it's no big deal – they're just being a bit "anti". Hopefully, those limitations will have taught you the importance of timing. SALLY BROMPTON

Crossword

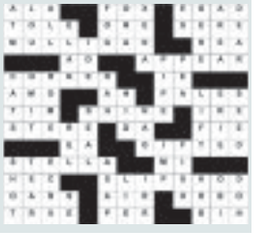
BY BETTY MARTIN



Across
1. Good Morning America's — Champion
4. Comic Margaret —
7. The — Fi Channel
10. Vocal
12. Sleep stage (abbr.)
13. Pinto or lima
14. Actress Bonet of The Cosby Show
15. Boxer called "The Greatest"
16. Hard knocks
17. Pretenses
20. — Elsewhere
21. Former talk show host (init.)
22. South Pacific nation
25. Frasier's dog
29. Three, in Rome
30. Egg cells
31. Path
34. Fictional rabbit
36. Compass pt.
37. Dorothy's aunt
38. Reception, e.g.
45. Great review
46. Soak flax
47. Easy gait
49. Enable, as a felon
50. Family card game
51. Dry
52. Heavy weight
53. Magnum, P.I. actor Selleck
54. Medical suffix

Down
1. Sun God
2. Operatic solo
3. Wad
4. Stuff
5. Second Beatles film
6. Leave off
7. Actor Penn
8. Hats
9. — and outs
11. Noose
13. Group of chicks
18. Actress Hagen
19. Fury
22. Take a rest
23. The Fresh Prince of Bel —
24. Soccer great Hamm
26. Speck
27. — Got a Secret
28. Elephant's floppy feature
32. Small bay
33. Majors of The Six Million Dollar Man
34. Teacher's favourite
35. Spews
38. — San Lucas
39. Tied score
40. Dry
41. House do-over (abbr.)
42. Proton
43. Sandwich cookie
44. Warmed the barstool on Cheers
45. Informer
48. The Naked Truth actress Leoni

Yesterday's Crossword



What's online

See today's answers metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

4		9				5		3
	5	2	3		1	6	8	
3								4
			8		5			
	7			2			5	
			4		9			
1								8
	2	5	1		7	3	4	
6		7				2		5

Yesterday's Sudoku

8	7	4	9	5	1	2	6	3
3	1	9	8	2	6	5	7	4
2	5	6	3	4	7	1	8	9
5	3	2	1	7	8	9	4	6
7	4	8	6	9	5	3	1	2
9	6	1	4	3	2	8	5	7
1	9	3	5	6	4	7	2	8
4	8	7	2	1	9	6	3	5
6	2	5	7	8	3	4	9	1

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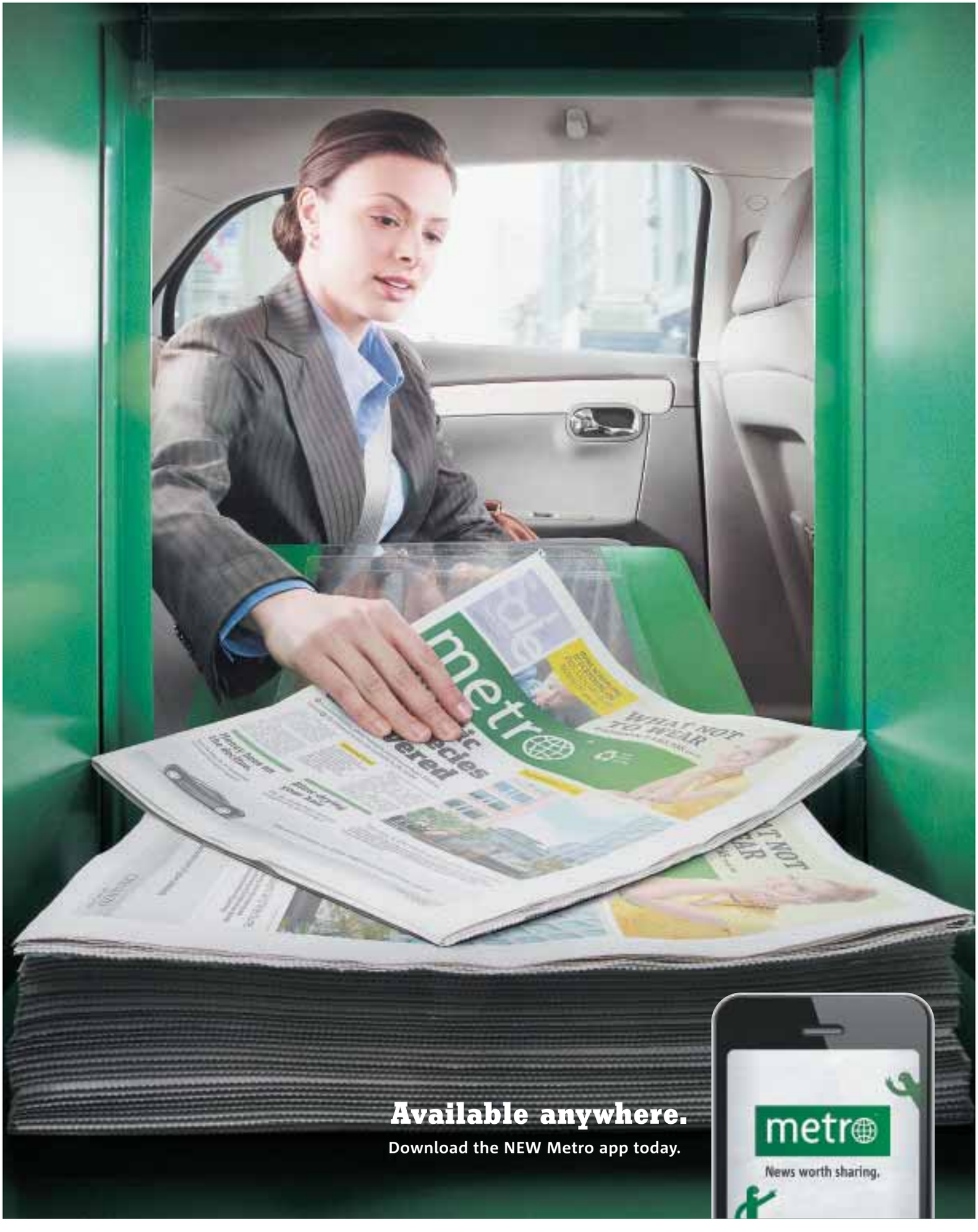

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